WHAT IS CLAIMED IS:

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- 1. A disposable body fluid absorbent pad having a longitudinal direction and a transverse direction, said pad further comprising:
 - a front region;
 - a rear region;

an intermediate region between said front region and said rear region;

- 10 a liquid-pervious topsheet;
 - a liquid-impervious backsheet;
 - a liquid-absorbent core between said liquid-pervious topsheet and said liquid-impervious backsheet;

said pad being contoured by longitudinally opposite end

portions extending in said transverse direction outside

longitudinal front and rear ends of said liquid-absorbent core

and transversely opposite side edge portions extending in said

longitudinal direction outside transversely opposite side

edges of said liquid-absorbent core; and

an insertion space means comprising a cover sheet which defines an insertion space between said cover sheet and a part of an outer surface of said liquid-impervious backsheet and at least one opening to guide a wearer's hand into said insertion

space, with at least a part of a periphery of said cover sheet joined onto an outer surface of said liquid-impervious backsheet.

- 5 2. The pad according to Claim 1, wherein said cover sheet is superposed over said front, intermediate and rear regions, at least over said intermediate region.
- 3. The pad according to Claim 1, wherein said cover sheet extends at least over said intermediate region and said rear region and has a fixed end portion extending in said transverse direction along said longitudinally rear end portion of said pad, said insertion space defines a pocket opening from said side of said front region toward a side of said rear region.

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- 4. The pad according to Claim 1, wherein elastically stretchable members are attached to said front and rear regions and said intermediate region, at least to said intermediate region so as to extend in said longitudinal direction along said opposite side edge portions of said pad and to be contractible in said longitudinal direction.
- 5. The pad according to Claim 1, wherein said longitudinally

front and rear end portions of said pad extend inward in said longitudinal direction from said longitudinally front and rear opposite ends of said liquid-absorbent core so as to lie above said liquid-absorbent core while said side edge portions of said pad extend inward in said transverse direction from said opposite side edge portions of said pad so as to lie above said liquid-absorbent core and said longitudinally front and rear end portions cooperate with said side edge portions to form a peripheral wall adapted to surround said liquid-absorbent core.

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- 6. The pad according to Claim 5, wherein said peripheral wall is provided with elastically stretchable members attached thereto so that said elastically stretchable members substantially describe loops in a circumferential direction of said peripheral wall and are contractible in said circumferential direction.
- 7. The pad according to Claim 1, wherein a prominence dimension of said liquid-absorbent core measured upward from a surface of said core facing a wearer's body in said front region and a front half of said intermediate region is larger than that in a rear half of said intermediate region and said rear region.

8. The pad according to Claim 1, wherein said intermediate region is formed with a folding guide extending across said intermediate region in said transverse direction along which said pad is folded in two with said topsheet inside and said liquid-absorbent core has a stiffness lower in said folding guide than in said other zone of said liquid-absorbent core.

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- 9. The pad according to Claim 1, wherein said intermediate region is formed with a folding guide extending across said intermediate region in said transverse direction along which said pad is folded in two with said topsheet inside and said folding guide is formed by said top— and backsheets except for said liquid—absorbent core.
- 15 10. The pad according to Claim 1, wherein said liquid-absorbent core is formed in a vicinity of a peripheral edge of said cover sheet with a raised ridge and said liquid-absorbent core has a thickness dimension measured between said top- and backsheets is larger in said raised ridge than in the other zone of said liquid-absorbent core except for said raised ridge.
 - 11. The pad according to Claim 1, wherein said cover sheet

is colored differently from said top- and backsheets.

12. The pad according to Claim 1, wherein said cover sheet has a predetermined indicator element thereon.